

The Magic of New Spirit Power

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From this moment you are not alone. Not today. Not tomorrow. Not any days to come. For you will soon have at your beck and call invisible helpers of your own creation that will assist you to shape the future in whatever way you desire. These “spirit helpers” are of you, and yet separate from you and slowly they will develop independence and movement. They can be directed to serve you, and they will. This spirit aspect of your mind is only one part of New Spirit Magic. The other is the arcane power of Talismanic Magic. Combine these two dynamic occult forces and you have one unified force which can be directed to bring anything you desire into your life.

Once you have used New Spirit Power to bring a desire to you, your self-assurance in your ability will grow. This, of course, will open the door to taking complete control of your life and change it to reflect your dreams and desires.

How You Begin to Use New Spirit Power

Yoga teaches that the mind and body are linked. A tense body will cause the mind to become tense. Since the mind is the controlling factor behind the development of Creative Imagination, you need to learn how to relax physically. I'm not talking about sitting down in an easy chair and relaxing. I'm talking about relaxing every nerve, muscle and fiber of your body until you feel completely calm and at ease. This is not as difficult as you might think. I am about to prove you wrong. Daily sessions of the technique I will teach you will help you to achieve a state of permanent relaxation.

The New Spirit Power Ritual

Sit in a comfortable chair in a darkened room. Loosen any tight clothing you may be wearing. Softly speak the following words to yourself:

"The tension is leaving my body. My feet are becoming relaxed, rested and tension free. I am sinking deeper and deeper into relaxation. Becoming more and more relaxed. My legs are becoming loose and limp. Free from tension, allowing my mind to sink deeper and deeper. Drifting further and further into a state of complete relaxation.

"My bottom and stomach are relaxing. Totally relaxed and tranquil. Sinking deeper and deeper into complete relaxation. My chest and back are becoming relaxed and tension free. My mind is sinking deeper and deeper into relaxation.

My arms and shoulders, the back of my head and neck are becoming relaxed and tension free. Drifting deeper and deeper into complete relaxation."

If you have a computer with voice recording software, you can make a copy of the words and listen to them with your eyes closed.

A variation of this exercise is to sit down and loosen any tight-fitting clothes you may be wearing. Now tighten every muscle in your body. Clench your fists, stiffen your arms and legs, pull in your stomach, clench your teeth, and arch your toes. Hold this position for a few moments.

Slowly release the tension, starting with your toes. Let them go limp. Let a slow wave of limpness move up your legs and body. Relax your arms, wrists, and fingers. Unclench your teeth. Continue until you have relaxed every part of your body. Feel the tension flow from your body. Practice this technique daily until you can do it automatically, and can enter a state of complete relaxation in 60 seconds or less.

Now sit quietly for about two minutes with your eyes closed, and then open your eyes. From this point you will always begin to perform a New Spirit Power working. Later in this book, the instructions will say: "Close your eyes and relax" and this tells you that you should prepare for the Ritual and speak or listen to the relaxation words, or begin the stiffening and relaxing process.

The Creative Power of Mind

In New Spirit Power work, you will be asked to relax and see, in your mind, faceless spirit helpers.

The psychic aspect of your mind which you will utilize is called creative imagination.

The following mental exercise will aid in the development of this natural mental process which you were born with.

The creation of a mental image is, in reality, a Magic Spell. Thousands of people the world over have found the power of creative imagination has exerted a positive influence in their lives. I will now show you how to develop this occult power of mind. The main point of the following exercise is to give you a focal point to focus your power of creative imagination on.

Place a chair in the room where it feels right for you. An ordinary padded kitchen chair is ideal. Take the phone off the hook. Switch off the TV and radio. Darken the room, but not pitch black. If you wish you can burn a stick of incense and have soft music playing.

The burning of incense has a long tradition of magical powers, being used for all kinds of purposes, but specifically to make us susceptible to psychic changes in our consciousness.

Sit back in your chair. Close your eyes and relax. It is at this moment that you must concentrate completely on what you are doing. Let no other thoughts enter your mind. Turn your attention within.

Imagine a tiny square of light, gold in color, right in the center of your head. Concentrate on the golden square for five minutes every day, until it shines bright and clear whenever you create it.

You are now ready to begin.

Focus Your New Spirit Power

This New Spirit Power Ritual can be worked on any day and at any hour of the day. Use the talisman for any desire .

On a piece of thin, white cardboard write down your desire in a few words. On the reverse side, the letters: **THPTHYHPL**. Draw a double circle around each inscription. Next, carefully cut around the outside circle of the talisman.

When you have created your personal talisman, place it at the center of a small table.

Sit down in front of the table. Close your eyes and relax. In your mind, see a beam of bright white light shining down on the talisman. See it as clearly as you can. Spend a few minutes enjoying the positive vibrations that surround you.

Remove the image from your mind.

Now imagine before you (on the other side of the table) the figure of the spirit being whose help you are seeking. See it as a faceless spirit composed of bright white energy, with the power to influence your affairs.

At first, the image may be hazy but will slowly become more well defined and solid as the head, the shoulders, the arms, the torso, the legs, and the feet are visualized. Once you are satisfied that the image is firmly fixed in your mind, ask it to place its hand upon the talisman.

It is at this moment that you must think only of your desire. When the spirit removes its hand from the talisman, give thanks and remove the image from your mind.

Keep the magical talisman in your purse or pocket at all times until your desire arrives. Look at both sides of the talisman as often as you can, when you are alone and not observed, and think only of your desire.

This is all that is required for you to use the amazing creative force of New Spirit Power that can bring you whatever you desire.

Whenever you want to experience something wonderful, and be filled with happiness, let New Spirit Power bring it to you. Use it as often as you can, and your whole outlook on life will change.

What Do You Want?

You can now have anything you want. Money will now come to you even when there is seemingly no source for it to come from.

With the New Spirit Power, you have your own legion of Magic Genies working to bring you whatever you desire in life.

New Spirit Power can also help you receive enough money and material wealth to last you for the rest of your days.